Stay Alive Longer!

Here's a Way To Kill Off Your Husband

By LELORD KORDEL

"WOMAN CONFESSES POISONING SEVERAL HUSBANDS!"

This was the shocking headline of a few months ago. "I gave each one of them a real nice funeral," said the widow. "I don't think they minded it so much. You see, I fixed them all tasty dinners before they went. Just sort of let them gorge themselves to death on my good cooking."

Good cooking . . . spiced with poison!

But how many women who expressed their disapproval of this woman's conduct are also killing their husbands—more slowly, more insidiously perhaps—by stuffing their bodies with the wrong foods?

Any judge would have told this modern Lucrezia Borgia that ignorance of the law is no excuse. Yet what excuse can be given by the woman who kills off her husband by overstuffing him with "good cooking?"

She has no valid excuse!

Is she ignorant of the laws of nutrition? If she values her husband, she must learn how to feed him—or she probably won't have him for long.

Today there are 10,000,000 widows in the United States, and by 1960 the excess of women over men in the nation will grow from 1,500,000 to 2,500,000. America has almost twice the number of widows that it should have.

Fifty-one is the average at which women begin their years of widowhood. That means about twenty-five years of living alone—and seldom liking it.

If you seek that alive-all-over glow your body radiates when you are in excellent health, why not try LeLord Kordel's Better-Eating Plan? It is designed to give you the protein, vitamins and minerals your body needs for dynamic living.

You may have a copy FREE by sending a stamped self-addressed envelope to: LELORD KORDEL Care of The Daily Colonist. (A five-cent stamp should be used).

Needs Less Fuel

The older a man gets, the better quality food he needs to keep him trim and healthy. His metabolism rate slows down, and consequently he needs less of the fuel foods. Fats, sugars, and starches clog up his arteries and make him overweight. The overweights die off twice as fast as their thin brothers.

How much nutritional knowledge has the wife who feeds her husband three-quarters of a cup of fat daily in the form of fried meats, fried eggs, French fried potatoes, doughnuts, rich desserts, and other fatty foods?

These wives are the Lucerzia Borgias of the skillet!

Some foods that your wife should never serve you are: cream soups, pork and other very fat meats, fat fish, fish eggs, oysters, excessive butter or butter substitutes, hot breads, pancakes, coffeecakes, waffles, muffins, creamy deserts, rich cakes or cookies, salad dressings, rich gravies, olives, nuts, or avocados. These are high-fat, high-cholestrol foods.

She still can serve you a variety of foods which will trim your waistline and discourage atherosclerosis.

These include:

Soups. Bouillon, fat-free vegetable soups, and vegetable broths.

Lean meats, fish and poultry. Broiled, roasted, baked, or boiled.

Eggs. Limit these to two a day, including those used in cooking.

Milk and milk products. One pint or more of skimmed milk or buttermilk (don't use whole milk), dry cottage cheese.

Vegetables. All, cooked or raw, especially the green and yellow vegetables rich in vitamin A — beet greens, chard, carrots, kale, and mustard greens.

Fruits. All raw, cooked, dried, or canned. Use citrus fruits or tomatoes daily.

Salads. Any fruit or vegetable salad, raw or cooked, and gelatin salads. Serve with boiled or low-fat dressings, for example, one of lemon juice, herb-vinegar, and spices. The juice from canned okra makes a satisfactory substitute for oils in salads.

Cereals. Millet seed porridge for a cooked cereal; new protein dry cereals.

Bread. Whole wheat, oatmeal, or rye (but only if you must).

Desserts. Fruits, junket puddings made with skimmed milk and without egg yolks (unless you have not had your limit of two eggs for this day), fruit whips made with skim milk powder, and gelatin desserts.

Beverages. Tea, coffee, powdered skim milk, tomato juice, fruit or vegetable juices.

Pleasure to Eat

You see, your wife can serve you a diet that will be a pleasure to eat. By serving these foods with their plentiful proteins, vitamins, and minerals, your wife can make your meals into an adventure in good eating.

Food-skimping wives are, of course, health-foolish wives. They increase the carbohydrates in your diet and deprive you of body-building protein.

You should eat a minimum of 70 grams of protein a day, more if you're working under stress. It isn't your pocketbook that limits your daily supply. It's your wife's lack of knowledge.

By using dried skim milk powder in food preparation and as a family beverage, she could add to your regular diet a third of the 100 grams of protein that I recommend for the maintenance of your health.

What about the cheaper cuts of meat? It's all in the cooking. They can be made tender and palatable by cooking them slowly at low temperature.

"I do the best I can," you wives may protest. "But my husband won't eat what's good for him!"

Then, it's up to you to train him. Gently, persuasively, and with imagination. If he won't take care of himself, you'd better take care of him. It's part of your job! Are you women going to keep on shirking it?

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Tomorrow: Don't Let a Potbelly Weigh You Down.

by Laura Wheeler

Two-in-One

A real bargain—two quilts in one pattern—make both. Just three patches, easy to piece.

Two different quilts made from same block — it's all in the arrangement of the fabrics. Pattern 854 has charts; pattern of patches; directions; yardages.

Send thirty-five cents in coins (stamps cannot be accepted) for this pattern to Laura Wheeler Needlecraft Department, The Daily Colonist, 60 Front Street West, Toronto, Ont. Print plainly pattern number, your name and address.

Hours of Work to Help Babies

Junior and Senior High school home economics classes in Greater Victoria have combined to aid Arab refugee babies, and in out-of-school hours have knitted 65 layettes. A layette takes a fast knitter 16 full hours of hard work. The gifts are being forwarded to Ottawa's Unitarian Service Committee headquarters by local chairman, Mrs. Eric Dowell. Sharon Smith, Sylvia McKeever and Judy Druce, all of S. J. Willis Junior High were among the students working on the big project.—(Colonist photo.)

During January

1,805 Calls Made By VON Nurses

Miss Elizabeth Riddell, District Director of the Victoria Order Nurses said that 590 patients received a total of 1,805 visits during the month, at the board of directors meeting held in Spencerhouse.

It was also reported that four post-graduate nurses, Miss K. Dufton, Miss Mary Kershaw, Miss Helen Silvanovicz and Miss Joan McGowan, had two weeks experience with the service in January, and that demonstrations had been given in baby care to two Red Cross housekeepers.

New board members, Miss Beatrice Brown and Mrs. H. L. Webster were welcomed to the meeting.

Plans were made for the annual meeting March 18 at 2 p.m. in Spencerhouse.

Mrs. G. Simons, chairman of the rummage sale committee, reported the event will be held at the City Market Friday, March 6 at 9 a.m.

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Clubs and Societies

'Future Our Business Today'

The Victoria Business and Professional Women's Club annual International Night Banquet will be held at Holyrood House on Saturday, Feb. 21.

Guest speaker will be J. Beattie MacLean Ph. D., Supervisor of Couselling and Associate Professor of German at Victoria College, who will speak on the theme "The Future is Our Business Today."

Guests will include representatives from the provincial government, the City of Victoria, officers of the Canadian Federation, British Columbia, and Washington State Federations; and fellow members from many clubs in B.C., Washington and Oregon.

Convener is Miss Ella Brett assisted by Mesdames Carrie MacLean, Marian Downie, Elcy Evans, Jean Andrews, Dr. Leyda Lythgoe, Misses Emilie Boyce and Flossie Lawrence.

* * *

Metropolitan

A style show and coffee party at noon with a repeat in the afternoon at the tea hour was set for April 17 at the recent meeting of Metropolitan Church WA with Mrs. G. A. R. Stelck presiding.

Mrs. F. Mack reported on the Centennial Anniversary Dessert and Coffee party.

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Chemainus

CHEMAINUS, B.C.—New officers of Chemainus guide committee are: president, Mrs. J. D. Cairns; vice-president, Mrs. P. Pearson; secretary, Mrs. W. Laidlaw; treasurer Mrs. E. Howe; transportation and telephone convener, Mrs. H. Thornett.

During the past year Chemainus Guide Company has earned 70 badges, and five "All-Round Cords."

One guide was sent to camp at Portland, and one to Prince Rupert. A new Guide flag was dedicated, and a mother and daughter banquet held during the year.

* * *

Branch 172

Auxiliary President Mrs. M. Glover welcomed guests at the successful tea held by the LA to the Canadian Legion, Branch 172, in Esquimalt.

The convener was Mrs. G. Shuck asssited by Mrs. L. Handy, Mrs. M. Simpson, Mrs. M. Miskulin and Mrs. L. Philips.

Prize winners were Mrs. H. Ketchell and Mrs. F. Lambert.

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Toastmistresses

Theme of the recent meeting of the Victoria Toastmistress Club, held at the Club Siroco, was "Dollars and Sense."

Mrs. Irene Warren won the "Oscar" with her educational speech. Mrs. Muriel Ratcliffe, secretary of the club and toastmistress of the evening won the "Spur."

Speakers during the evening were Miss Elizabeth Bone, Mrs. Norah Scott, Miss Pat L'Amie, Mrs. Phyllis Williams, Mrs. Vera Pipes and Mrs. Irene Warren. Mrs. Norma Mickelson gave a lesson on parliamentary procedure.

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Nurses

The film "Dr. Spock" on child rearing, was shown at the monthly meeting of the Greater Victoria District of the Registered Nurses' Association in the Veterans' Hospital.

The Association is planning to sponsor a Theatre Guild play.

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Britannia

The LA to Britannia Branch No. 7 Canadian Legion will hold a coffee party in the Douglas Room, Hudson's Bay Company, on Tuesday from 11.30 to 1.30 p.m. Mrs. H. F. Javice should be contacted for tickets.

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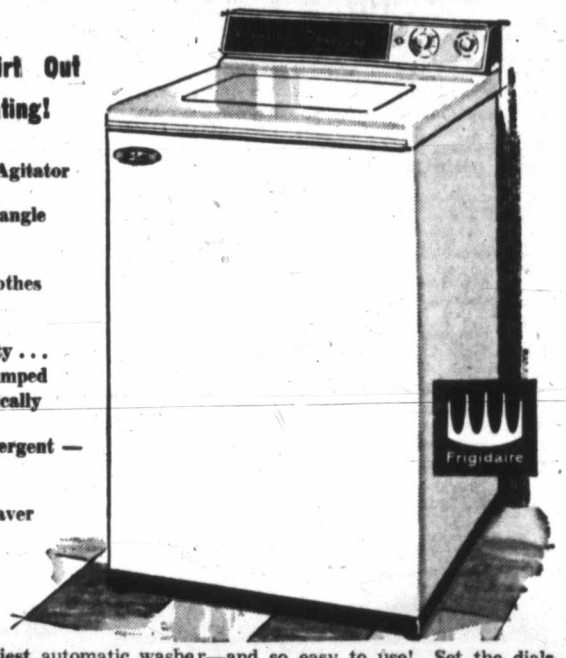

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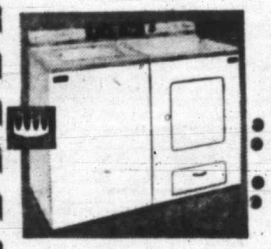

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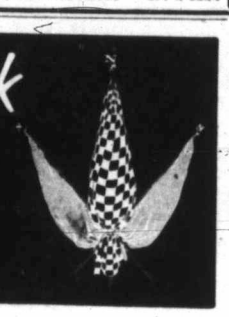

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